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STARS GET SPOOKY

See what some of your fave celebs wore for Halloween. 20

Grace Bonney has advice for female business owners. 26

City to provide more support for crime victims. 4

BROWN SUGAR

After a slow start, the Jets offense made some sweet plays in a comeback Week 8 win. 28

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For more local news, visit **metro.us**

Take our daily news quiz to test your knowledge by going to www.metro.us /news-quiz to submit your answers.

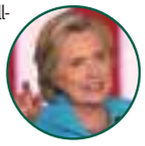
1. What disrupted traffic on the George Washington Bridge last week?

2. How many unanswered points did the Jets rally off in the second half Sunday?

3. UK rockers Foals found their first big commercial radio success in the states with which song?

3 things you need to know

CLINTON CAMP TURNS UP THE PRESSURE ON FBI CHIEF OVER EMAIL PROBE



Top aides to Democratic presidential candidate Hillary Clinton angrily condemned FBI Director James Comey on Sunday for revealing the bureau's probe of newly found emails related to her use of a private server, and demanded he quickly release details about the discovery. Sources familiar with the matter said on Sunday that Comey likely has limited information about what is in the emails because the FBI lacks legal authority to examine their content thoroughly. Clinton campaign chairman John Podesta and campaign manager Robby Mook blasted Comey for sending a letter notifying Congress of the email review before he even knew whether they were significant or relevant. Comey's letter was "long on innuendo, short on facts," Podesta said CNN's "State of the Union" program, and accused the FBI chief of breaking precedent by disclosing aspects of an investigation so close to the Nov. 8 election. REUTERS

SIX PEOPLE SHOT, AT LEAST TWO KILLED IN SUBURB NEAR WASHINGTON, DC

2 Six people were shot and at least two of them killed early on Sunday in Prince George's County near Washington D.C., police said. The shooting took place in a parking lot of an apartment complex and in a building, a police spokesman said. At least one of the victims was a teenager, the Prince George's County Police Department said. "We are trying to piece together why six people were shot, two of them fatally," police spokesman Tyler Hunter said in an interview. No one has been taken into custody. One victim was in critical condition and three others were in serious condition, TV station WUSA reported. REUTERS

US AIRLINES LOSE BID TO DISMISS PRICE-FIXING LAWSUIT

3 A federal judge rejected a bid by the four largest U.S. airlines to dismiss nationwide antitrust litigation by passengers who accused them of conspiring to raise fares by keeping seating capacity artificially low. In a decision late Friday afternoon, U.S. District Judge Colleen Kollar-Kotelly said she could "reasonably infer the existence of a conspiracy" among American Airlines Group Inc (AAL.O), Delta Air Lines Inc (DAL.N), Southwest Airlines Co (LUV.N) and United Continental Holdings Inc (UAL.N) to fix prices. Kollar-Kotelly, who sits in Washington, D.C., did not rule on the merits of the proposed class-action case, which combines 105 lawsuits filed around the country and seeks triple damages. The U.S. Department of Justice last year began its own probe into a possible conspiracy among the airlines, which, according to government data, command a roughly 69-percent domestic market share. REUTERS

GETTY IMAGES

WEEK BEGINS WITH GHOSTLY CHILL

Bolaris' Weather Watch

JOHN BOLARIS
@weathersavior

The temperature roller coaster continues, as does the dilemma of deciding what to wear outdoors.

On Halloween, we expect no scary storms, no monster hurricanes, just a paranormal chill.

It wasn't like this about four years ago on Oct. 29, when Hurricane Sandy made a strike near Brigantine, New Jersey, on a path that has never occurred in weather history.

Sandy was truly the perfect storm as she combined with a non-tropical storm, an arctic high, to create an enormous wind field of over 700 miles in diameter. Sandy's storm surge generated some of the most catastrophic flooding, destroying homes along the New Jersey coastline, especially along the northeast coast of the state. The southwest shorelines of Long Island, were leveled, and the tough as nails New Yorkers were stunned as New York City's subway tunnels were flooded.

I was on the Howard Stern show that morning, and when I told Howard I believed the subways could flood, he looked at me as I was on some hallucinogenic drug (the answer is no to that). I was just actually scared at what we were forecasting, as it was unprecedented. With Howard being Howard, his main concern was making it to the Jimmy Kimmel Show the next day. I believe he made it.

What many people seem to forget about Sandy is that it sucked in arctic air on its western side producing blizzard conditions from western North Carolina to West Virginia.

It's been four years since Sandy and the rebuilding continues and unfortunately pockets of families are still suffering with the loss of homes and businesses. The question one must ponder is whether we can have another Hurricane Sandy. The answer, unfortunately, is yes as we will remain in an extreme weather cycle for generations to come.

This week we have no major worries. In fact, much of the Northeast remains in drought conditions. Yes, we can use the rain, but pray to God not another Hurricane Sandy.

NEW YORK

Today: A ghoulish wind, High 54.

Tuesday: Partly cloudy, High 57.

Wednesday: Warming up, High 69.

Thursday: Evening showers, High 69.

Friday: Clearing, windy, cooler, High 57.

Saturday: Partly cloudy, High 54.

Sunday: Morning shower, High 53.

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PHOTO VIA @ MAGICGOLDDOGS

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New York City to install victims' advocates in every precinct by 2018

A 33-year-old city program is massively expanded to care for vulnerable victims of all crimes.

AMANDA MIKELBERG
@MetroNewYork
amanda.mikelberg@metro.us

Victims' advocates will work alongside the NYPD in a citywide initiative. JOHN MOORE/GETTY

It's usually the criminals, and not their victims, who get the most attention from authorities. But the city is now directing concern to the people who need it the most by providing special advocates to care for vulnerable victims of every crime, in every police precinct.

Over the next three years, 157 victims' allies will be assigned to precincts across the city — two or more to a station house. The specially trained advocates will review police files and follow up with victims who could be traumatized, be in further danger, feel angry, isolated and be confused about how to proceed after a life-threatening situation.

In 2011, funding had been cut for Safe Horizon, an organization that's provided victim-focused resources since 1984, forcing them to downsize on its programs such as care for the children of people going through the court system. But last week, a massive expansion was announced, marking the launch of the new and largest Crime Victim Assistance Program in the country.

One significant shift will be that the advocates will reach out to victims who report crimes or who are named in police reports, instead of expecting victims to seek help for themselves.

"Sometimes they need to be told that they are victims of crimes and that there is help available," Safe Horizon Vice President Maureen Curtis told Metro.

Each station house will have one advocate trained to handle domestic abuse issues, and another generalist advocate to attend to victims of robbery, harassment, assaults and other issues, such as elder abuse.

"Sometimes we think only the victims of domestic abuse or sexual abuse have trauma, but we know that all victims of crimes experience trauma," Curtis said.

Some people heal quickly, she explained, yet others need someone to talk to who can also tell them what their rights and options are. The advocates help victims navigate the labyrinthine criminal justice system, the public housing system and benefits system, and even health care options.

"To have that support to deal with their trauma, I can't say enough about how powerful that can be," Curtis said. "This program has the power to change the landscape of victim's life."

There are currently 13 precincts that have the victim's advocates, with another 13 planned for November. By 2018, every one of NYC's 77 precincts will have advocates working alongside the police.

Not only will the advocates help the victims, but the additional benefit will be that the victims can better assist the police and the criminal justice system.

"We are beginning the healing process for crime victims at the earliest point in their interactions with us," New York Police Commissioner James P. O'Neill stated in a news release. "The relationships formed will enable victims to participate in the criminal justice system in a new way, with active support and with a better understanding of the process and increased access to services."

Met cancels opera after man sprinkles friend's ashes in orchestra pit

New York City's Metropolitan Opera canceled its Saturday afternoon performance of "Guillaume Tell" after an audience member sprinkled an unidentified powder, which police believe was cremated ashes, into the orchestra pit.

New York City Police officials said witnesses had heard a man say he was at the opera to spread the ashes of his mentor.

"An individual from out of town ... indicated that he was here to sprinkle ashes of a friend, his mentor in opera, during the performance," John Miller, Deputy Commissioner for Intelligence and Counterterrorism told reporters at Lincoln Center.

ISTOCK

The Met said on its Facebook page that it also canceled the Saturday evening performance of "L'Italiana in Algeri," while police investigate the incident which happened in the second intermission.

There were no reports of any injuries or any bad reactions to the substance, though the theater was evacuated and the New York Police Department dispatched a special unit to investigate, Officer Tiffany Phillips said.

The suspect, a man who was not identified, had fled the scene and no arrests have been made, Phillips said.

The Metropolitan Opera has seen other bizarre episodes in the past, including one in 1988 when a patron died during a plunge from the top balcony during the intermission of a performance of "Macbeth."

REUTERS

BRIEFS

De Blasio revises on failed promise to finish all Sandy rebuilding

On the fourth anniversary of Superstorm Sandy last weekend, Mayor Bill de Blasio lamented his failed promise to rebuild every last single-family home by the year's end.

Despite the $1.5 billion in funding that's been provided to 11,000 New York homeowners, and more than 1,000 small-business owners, nearly half of the homes that were promised to be rebuilt through the Build It Back program have not been completed. Two-thirds of the homeowners who signed up have now dropped out, and the program is already $500 million over budget, reported the New York Post.

"Everyone knows we have fallen short of that goal. That disappoints me deeply," de Blasio said on Staten Island as he celebrated the opening of a Sandy-delayed water tunnel.

Of the 4,025 city-managed construction projects, only 55 percent had been completed, and 77 percent had started, figures from the Mayor's Office of Housing Recovery Operations showed. Several thousand homeowners had opted for checks instead of leaving reconstruction to the government.

Yet the program did push recovery forward quite a bit, de Blasio said, adding that setting the goal "allowed us to move a lot of projects that were stalled."

He vowed to review what prevented them from delivering on the promise and fix it.

The Oct. 28, 2012, storm had damaged approximately 170,000 housing units across the city. And when de Blasio took office in 2014 and assumed the responsibility of the rebuilding effort from Michael Bloomberg, no homes were yet under construction and no checks had been cut.

On Saturday, the mayor revised his promises for wrapping up the effort. He said that by next year 90 percent of the home construction would be underway, and that 75 percent would be completed. AMANDA MIKELBERG

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Crow Bar worsens tensions over Crown Heights gentrification

Area residents complain that the name of the bar is racist.

ALAN KRAWITZ
@MetroNewYork
letters@metro.us

ALAN KRAWITZ

Even before it opened its doors, the new tavern on Franklin Avenue in Crown Heights was under attack.

The name of the place, Crow Bar, was racist, complained many residents of the neighborhood, which was once predominantly black.

The residents point out that Crown Heights was known as "Crow Hill" for much of the 19th century, and that the word "crow" was used as a derogatory name for black residents who lived in the area.

The controversy over the bar, which opened on Sept. 19, has also served to underscore recent tensions related to the continuing gentrification of the area.

Last week, members of the Crown Heights Tenant's Union gathered yet again outside the Crow Bar to voice their opposition to the bar and to the changing face of the neighborhood.

Marcia, a 25-year tenant of 1045 Union St., the building where the Crow Bar is located, is not a fan of recent changes that have swept through the area bringing new restaurants, bars, boutiques and luxury towers.

"Crow Bar is here because the landlord refused to renew the Panamanian deli's lease — forced it out, just like everything else in the neighborhood," she said.

"… The same landlord is harassing long-term tenants and overcharging new tenants. … Ah, Crow Bar, Crow Hill, Jim Crow – just the name is demeaning, but the reality for tenants is even worse."

She added that Crow Bar should immediately close and that tenants should decide what replaces it.

"We want justice, lower rents, safety and equal repairs in our building."

Another long-term tenant of the building, who declined to give their name, said: "The noise, no sleep, the fighting, the racist name, the police heeding the rich man who owns the bar – and our landlord hounding us out.

"I think they want to get rid of the black people in the neighborhood – then kill everyone on the rent. But they could give me $350,000 and I still wouldn't leave."

Dan Wilby, The Crow Bar's owner, did not respond to emails and calls seeking comment.

However, Wilby, who runs a photography business in Manhattan and also owns the Hollow Nickel Bar in Boerum Hill, told Gothamist last month that the bar's name wasn't racist and that it is simply a reference to the neighborhood's former name of Crow Hill.

Wilby also said that the real issue was not about his bar's name but a matter of economics.

"It isn't about my bar. It's about the tenant association," Wilby told Gothamist, referring to The Crown Heights Tenants Union, which has demonstrated in front of the bar protesting the name.

"They want to keep their rent stabilized apartments," Wilby added.

He also maintains that the Crow Hill can be traced to a prison that had been located in the area what was known as Crow Hill Penitentiary because of the crows that congregated there.

Historians tend to disagree with that account, according to Henry Goldschmidt, author of "Race and Religion Among the Chosen People of Crown Heights."

"Most historians agree that the name Crow Hill was coined in derogatory reference to the black community of Carrville and Weeksville, whose residents were sometimes known as "crows," he wrote in the 2006 book.

Zaheer Ali, a historian for the Brooklyn Historical Society, suggested that anything referencing the era of Jim Crow should best be avoided.

"It is around this time [the 1840s] that Jim Crow emerged as a popular figure in racially offensive blackface minstrel songs," Ali told WPIX New York.

"When it comes to the history of denigrating people of African descent, the word 'crow' has never been 'just for the birds.'"

10 firefighters injured in midtown Manhattan blaze

INSTAGRAM/@ BETH_WORLEY

At least 10 firefighters were injured while battling a blaze early Sunday morning in a mostly vacant commercial building in midtown Manhattan.

The injured firefighters were hospitalized for issues related to heat exhaustion and smoke inhalation, according to news media reports. There were no civilian injuries, the FDNY said.

The fire started at about 1 a.m. on the first floor of a five-story building at what appeared to be a computer store, fire officials said. The blaze was mostly under control within 90 minutes.

Yet when firefighters tried to extinguish the last of the flames with high-expansion foam in the basement and first floor, it actually pushed some remaining fires upward to the upper floors.

Approximately 200 firefighters were still on site at 4 p.m.

"It's very labor intensive and it can become very dangerous for us, putting people in there in the smoke," said FDNY Chief of Department James Leonard. "What we're really worried about is the collapse of the first floor.

The cause of the fire is still under investigation, the FDNY said.

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BRIEF

Turkey sacks 10,000 more civil servants, shuts media in latest crackdown

Turkey said it had dismissed a further 10,000 civil servants and closed 15 more media outlets over suspected links with terrorist organizations and U.S.-based cleric Fethullah Gulen, blamed by Ankara for orchestrating a failed coup in July.

More than 100,000 people had already been sacked or suspended and 37,000 arrested since the abortive putsch in an unprecedented crackdown President Tayyip Erdogan says is crucial for wiping out the network of Gulen from the state apparatus.

Thousands more academics, teachers, health workers, prison guards and forensics experts were among the latest to be removed from their posts through two new executive decrees published on the Official Gazette late on Saturday.

Opposition parties described the move as a coup in itself. The continued crackdown has also raised concerns over the functioning of the state.

"What the government and Erdogan are doing right now is a direct coup against the rule of law and democracy," Sezgin Tanrikulu, an MP from the main opposition Republican People's Party (CHP), said in a Periscope broadcast posted on Twitter.

A Turkish court on Sunday formally arrested Gultan Kisanak and Firat Anli, co-mayors of the largely Kurdish southeastern city of Diyarbakir on charges of membership of a terrorist organization after five days in detention, sources said.

Earlier police used rubber pellets to break up several hundred protesters marching against their arrests. The internet has been largely down in the city for several days, witnesses said. REUTERS

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Fed meeting in sight but election looms for stocks

Traders and financial professionals work on the floor of the New York Stock Exchange. GETTY IMAGES

The heated presidential campaign enters its final stretch next week before the Nov. 8 vote, and the race between Hillary Clinton and Donald Trump of late has provided market-moving surprises.

The Federal Reserve meets next week and the U.S. government releases an important report on jobs, but investors could be forgiven for having something else on their minds.

In the latest reminder of how an upset in the expected outcome could rattle investors, news came on Friday that the Federal Bureau of Investigation is reviewing fresh evidence in its probe of Clinton's email server.

That briefly pushed stocks down sharply and drove the CBOE Volatility Index .VIX — Wall Street's fear gauge — to a two-week high.

"We're so close to the election, and the pots are boiling. There's always something going on," said Bucky Hellwig, senior vice president at BB&T Wealth Management in Birmingham, Alabama.

"And where there's uncertainty with the Oval Office, it seems to historically cause problems for the market."

Wall Street has been expecting Clinton to win her White House bid but Republicans to retain at least the U.S. House of Representatives, essentially keeping the current state of political gridlock.

In recent weeks, Clinton's lead has widened in polls, causing some concern about the Democrats potentially winning control of both the presidency and Congress.

"That would be bad for certain sectors including health care and perhaps the financial sector," said Ed Campbell, a portfolio manager at QMA, a multi-asset manager owned by Prudential Financial. "But I don't think that's likely to happen."

Investor expectations also are low that the Fed will raise interest rates when it meets Tuesday and Wednesday, especially since the meeting falls just days ahead of the election.

The chances appear to be less than 10 percent that the Fed will raise rates next week, while there's about a 75 percent chance the Fed will hike rates in December, according to the CME Group's FedWatch tool on Friday.

"I think it's largely going to be a non-event," Campbell said. "They'd be loath to surprise the market, especially one week before the election."

What could shake equities, however, is any comment from the Fed that could indicate the possible timing of the next hike.

At the Fed's November meeting last year, it tweaked its policy statement to specifically reference the next policy meeting as a date of a possible rate lift-off, a move that grabbed investors' attention. REUTERS

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Former North Charleston officer Michael Slager is led into court for a bond hearing at the Charleston County Courthouse on Sept. 10, 2015. GETTY IMAGES

Charleston 'on eggshells' on eve of two racially charged trials

Both trials are expected to last several weeks and draw national attention to the port city of about 133,000 people.

Two South Carolina shootings that rocked the country last year and raised questions about race in America are now headed for trial, putting the historic city of Charleston on edge as the community awaits the testimony and juries' decisions.

Jury selection begins on Monday in the case of Michael Slager, a white former policeman in North Charleston charged with murder in state court after he fatally shot unarmed black motorist Walter Scott in April 2015.

One week later on Nov. 7, a federal death penalty trial is slated to start for avowed white supremacist Dylann Roof, who is accused of killing nine black parishioners during Bible study at Charleston's Emanuel African Methodist Episcopal Church in June 2015.

The nearly simultaneous proceedings will take place at courthouses across the street from each other in the heart of Charleston's downtown district. Black community activists said the outcomes will test the calm that prevailed after the shootings and could trigger unrest if those angry about the killings feel justice is not served.

"The community is, for lack of better words, on eggshells," said Justin Bamberg, a state legislator and lawyer who represents Scott's family.

Roof's trial is less about his guilt or innocence than whether he will be sentenced to life in prison or death, Bamberg said. Roof's lawyers have said he would plead guilty to 33 counts of hate crimes, obstruction of religion and firearms charges if prosecutors agreed not to seek the death penalty.

Slager's case, on the other hand, could produce a rare result: a guilty verdict against a U.S. police officer charged with murder or manslaughter.

Since 2005, 27 of the 77 officers charged across the country with murder or manslaughter after an on-duty fatal shooting were convicted, according to Philip Stinson, a Bowling Green State University associate professor who tracks such cases.

Twenty-nine of those criminal cases ended with no conviction, while cases for 21 of those officers, including Slager, are pending.

"Our confidence level in the justice process working is like sitting on pins and needles," said Edward Bryant III, president of the National Association for the Advancement of Colored People (NAACP) branch in North Charleston, where black residents have long complained of racial profiling by the largely white police force.

Slager was arrested and charged with murder after investigators watched a bystander's cell phone video that showed him firing eight times at 50-year-old Scott's back as he fled from the officer.

Defense lawyers say the video does not show the whole story of what happened after Scott was pulled over for a broken brake light. They will argue that Slager, who has pleaded not guilty, felt threatened by Scott as the men struggled over the officer's stun gun. REUTERS

"Our confidence level in the justice process working is like sitting on pins and needles."

Edward Bryant III

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Trump mounts bid to turn Clinton controversy to his advantage

Donald Trump GETTY IMAGES

The new uproar could not have come at a more opportune time for Trump, who has been reeling for weeks.

Sensing a potential turning point, Republican presidential nominee Donald Trump mounted a furious effort Saturday to portray Democrat Hillary Clinton as unfit to lead the country after the latest chapter in her email controversy unfolded as he tries to mount a comeback.

With the Nov. 8 election only 10 days away, Trump devoted much of his stump speech to try to take the maximum advantage of the FBI's disclosure that it is investigating more emails as part of a probe into Clinton's use of a private email server.

Little is known about the extent and focus of the new FBI review. But Trump was quick to declare his rival "guilty" at rallies in Phoenix and in Golden, Colorado, declaring that she is symbolic of a type of public corruption that is a "grave threat to our democracy."

Trump charged that the Justice Department, populated by appointees of Democratic President Barack Obama, is trying to help Clinton, given news reports that top department officials did not want FBI Director James Comey to reveal his new review.

"When the outcome is fixed, when the system is rigged, people lose hope. They stop dreaming. They stop trying," Trump said in Phoenix. "Hillary Clinton's corruption is corrosive to the soul of our nation and it must be stopped."

Trump has narrowed the gap in public opinion polls between him and Clinton nationally and in some battleground states where the election is likely to be decided. But most analyses of the polls show him facing a defeat, perhaps a landslide, if the election were to be held today.

That made it essential for Trump to try to change the subject from his own setbacks and focus on those of Clinton, and give establishment Republicans who have been reluctant to support him a reason to get behind him, and perhaps sway some undecided voters as well.

REUTERS

BRIEF

Fire near North Dakota pipeline protests is under investigation

Authorities were looking into the cause of a blaze that burned through about 400 acres near where Native American leaders are protesting against a North Dakota oil pipeline they say threatens water and sacred lands, officials said on Sunday.

The blaze on private property in rural Morton County was extinguished with the help of helicopters that dropped water on it. Authorities have not given any indication on whether the fire was deliberately set or if it was related to the protests taking place a few miles away.

Native American leaders vowed on Saturday to protest through the winter against the oil pipeline, adding they are weighing lawsuits over police treatment of arrested protesters.

More than 400 protesters have been arrested since Aug. 10 in rallies that have attracted support from celebrities including Mark Ruffalo, Shailene Woodley, Susan Sarandon and Chris Hemsworth.

The planned 1,172-mile path of the pipeline, the project of a group of companies led by Energy Transfer Partners LP, would skirt the Standing Rock Sioux Reservation by about a half mile. But the Standing Rock tribe and environmental activists say it threatens water supplies as well as sacred Native American sites.

Supporters say the pipeline, the construction of which was halted by the federal government in September, offers the fastest and most direct route for bringing Bakken shale oil from North Dakota to Gulf Coast refineries.

REUTERS

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BAD MOON RISING

TOM FOREMAN
Opinion
CNN's Tom Foreman is the author of the book "My Year of Running Dangerously." @tomforemancnn

If ever an election has been haunted, it must be this one. With Halloween at hand, the campaign trail seems to be overflowing with hexes, evil spirits and ghouls. Grab your garlic necklace: Here are my three things to watch in this last full week before the vote.

1. "PAGING CARLOS DANGER"
Nothing but shrieks and screams — I suspect that's what was going on behind closed doors at Camp Clinton when word came that the FBI had found more emails to investigate. Sure, it's hilarious that the new info is tied to Anthony Weiner, but I'm

ILLUSTRATION BY BILLY BECERRA

pretty sure Clinton loyalists are not laughing. All eyes will be on FBI Director James Comey for any hint about how the investigation is coming along. It's hard to imagine he can get through the whole week without expanding on the scant news so far, but it's also hard to imagine he can fully resist the enormous political pressure from both Dems and Repubs to reveal more about what he knows — or suspects.

2. COUNT TRUMPULA
With his numbers down and Clinton rumbling through the battlegrounds, pundits were nearly ready to drive a wooden stake into Donald Trump's campaign. But hold on — hear that noise in the basement? It's alive! Invigorated by Clinton's latest woes, Trump is sounding like himself once more and haunting the campaign trail. History says this is a really late hour for him to turn the tables yet again, but watch the polls — if he can push up within a point or two of her, the enthusiasm among his followers could make a difference. And trust me, they are still plenty excited about his chances.

3. DEVIL'S NIGHT
For all the October surprises we've had so far I would not bet so much as a Snickers bar that its over yet. Make no mistake: This is one of the hardest hitting and meanest elections we've seen in decades and if either side has a last bucket of dirt, this will be the week they'll let it fly.

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- Transfer between D and F trains at W 4 St.
- For service *to/from* Delancey St/Essex St, use J with transfers *to/from* F at Fulton St.

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New earthquake rocks Italy, buildings collapse but no deaths reported

A powerful earthquake struck Italy on Sunday in the same central regions that have been rocked by repeated tremors over the past two months, with more homes and churches brought down but no deaths reported.

The quake, which measured 6.6 according to the U.S. Geological Survey, was bigger than one on Aug. 24 that killed almost 300 people. Many people have fled the area since then, helping to avoid a new devastating death toll.

With thousands already made homeless, a leading seismologist warned that the earthquakes could go on for weeks in a domino effect along the central Apennine fault system.

This building was damaged in Italy's most recent earthquake. GETTY IMAGES

The latest quake was felt across much of Italy, striking at 7:40 a.m., its epicenter close to the historic Umbrian walled town of Norcia, some 60 miles from the university city of Perugia.

Panicked Norcia residents rushed into the streets and the town's ancient Basilica of St. Benedict collapsed, leaving just the facade standing. Nuns, monks and locals sank to their knees in the main square in silent prayer before the shattered church.

"This is a tragedy. It is a coup de grace. The basilica is devastated," Bishop Renato Boccardo of Norcia told Reuters.

"Everyone has been suspended in a never-ending state of fear and stress. They are at their wits' end," said Boccardo, referring to the thousands of tremors that have rattled the area since August, including two serious quakes on Wednesday.

Italy's Civil Protection unit, which coordinates disaster relief, said numerous houses were destroyed on Sunday in the regions of Umbria and Marche, but either they were deserted at the time or most of the residents managed to escape in time. REUTERS

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THOUSANDS of knee arthritis sufferers flock for this advanced medica

Knee Arthritis Pain

Why patients come from Brooklyn, Queens, Long Island, the Bronx for this arthritis pain treatment . . . and why waiting c

By Matt Edgar - America's Health Writer

NY Pain MD, a center for Non-Surgical Medical Relief For Spine And Joint Pain Relief, is a medical clinic with multiple locations in New York City that has treated thousands of knee arthritis patients. Here is what every knee arthritis sufferer should know about the best treatments and options available today. And why waiting can drastically decrease your chances to live a pain free life again.

The information you are about to read can possibly save you from years and years of agonizing knee pain. It might even keep you from getting total knee replacement surgery. *Please pay careful attention.*

What you are about to read is a cutting-edge medical treatment... But it is NOT what it appears to be at first glance. In fact, I'm going to have to ask for a bit of patience from you if you have already **unsuccessfully** tried any (or many) other knee arthritis pain treatments

You see, many knee arthritis sufferers had already tried what seemed to be similar treatments to what we are going to talk about and did not get the results they wanted. But I assure you there is something VERY DIFFERENT about the technology and the way we do this treatment that can possibly make it much more effective for many ... and it often gets results when many others have failed.

This is why patients come from all over the tri-state area and beyond to have their knee arthritis pain treated here.

Would You Like Instant Proof?

If you want instant proof - you can just look at all the actual patient testimonials we have included. These patients were once skeptical just like you ... and are now either pain free ... or eliminated quite a bit of their pain..

Here's the most important thing:

Many said they had seen this information SEVERAL times before finally deciding to take action and give us a call. As you can see - they are happy they did. Once crippled with knee pain, they are playing golf again, dancing again, riding bikes again and going for long walks again.

But We Do Get One Very Common Complaint ... And it is:

"I wish I started this treatment much sooner."

Let's be very clear about this. Time is the most precious thing. There is no way to slow it down - or get any of it back once it's gone.

All the more reason for you to *not* suffer even one more second than necessary. Missing life while suffering in pain is a tragedy. Isn't it time for you try to get rid of your knee pain and start living the life you want and deserve?

And please understand this: One of the keys to success in medicine is early diagnosis and treatment. Like many diseases, arthritis only gets worse over time. The longer you wait - the more damage to your knee and eventually- the more pain. If you wait "past the point of no return", the entire knee joint can be degenerated and your ONLY option will be total knee replacement.

If you are suffering with knee arthritis pain, here is why you should act NOW:
When you have arthritis, you suffer a decrease in the lubricating fluids in your knee. In other words, your knee joint basically *"dries up."* The lubricating fluid that decreases is called *"synovial fluid"*. Pharmaceutical companies can now make synovial fluid-like compounds that… during treatment… doctors precisely and directly apply these gel-like medicines into the knee joint. This helps replenish the lubricating fluid to the knee joint - cushioning the knee allowing it to move more freely and smoothly while often decreasing or even eliminating pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. In fact, it is impossible to predict results and there are no statistics proving what the "average" patients can expect. Everyone is individual and gets individual results - so we never tell anyone to expect the same results as any of our other patients. But to be 100% clear - many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years ... or even permanently cancel it.

What Are Treatments Like?

Treatments are simple, fast and virtually painless. The total time of the procedure itself is only 10 minutes and you walk out of the clinic just minutes after your procedure with nothing but a one inch band-aid on your knee.

But There Is A BIG Problem. The key is that the treatment must be EXTREMELY PRECISE. Often ignored by many other clinics, if the procedure is just slightly off, the medication will not get exactly into the knee joint and the treatment will not work. That's why the experts at ***NY Pain MD*** use what they call "Precision Arthritis Targeting Technology" or **P.A.T.T.** - so they can confirm the special medicine went directly into the knee joint and not into the surrounding tissues.

Research shows that doctors performing procedures without Precision Arthritis Targeting can miss the joint as much as 30% of the time. If you had viscosupplementation (or Stem Cells or PRP) without the exactness of P.A.T.T. and did not get good results - this may be why.

In fact, by using Precision Arthritis Targeting Technology, ***NY Pain MD*** doctors are able to "double confirm" the precise placement of the natural arthritis medicines used. This is to help ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make- ups. Just like all medications, some people respond better to some than others. While many doctors only use one type or formula, the experts at ***NY Pain MD*** use several. And great effort is taken to figure out which is best for YOU.

What To Do Next If You Are In Pain

Your Special Invitation

NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get their questions answered and find out if they are a candidate for one of the cutting-edge treatments offered at ***NY Pain MD***. To schedule a complimentary screening, all you have to do is call **800-227-KNEE**. The screenings can fill up fast every month. But, this screening is at no cost and there is no further obligation. Call **800-227-KNEE** to schedule your screening. Many of the procedures offered at *NY Pain MD* are often covered by many insurance plans, union plans, work comp and even traditional & AARP Medicare.

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"I cannot ask for better results"

Dr. Stanley Weiner, M.D. - Surgeon

I had (replacement) surgery scheduled last year. But three months before the surgery I decided to make an appointment with ***NY Pain MD*** I was amazed at the ease with which I was evaluated and the treatment schedule implemented. The results I had at ***NY Pain MD*** were outstanding. I cannot ask for better results. After the treatment I was able to go back to work with no discomfort at all. They use a digital monitor to locate the space that they use the treatment for and it's like exact science and I never had to have replacement.

Dr. Stanley Weiner MD

"Hey this feel terrific"

I was diagnosed with bone on bone about 2 years ago I went to see an Orthopedic Surgeon and he said my knees were shot and I need to get them replaced. The NY Pain guys said after looking at x-rays they could help. That procedure is so basic so simple so quick in 15 minutes you are in and out. When I got up out of the chair I stood up and I said, "*Hey this feels terrific."*

"I don't have any pain any more"

After I had the treatments ... the last tune up ... I just go right to the golf course. I'm able to keep up with these guys who walk - I'm right next to them! My guys on the golf course would say Hey, look at this he doesn't need us to put the ball up any more. **When I'm playing on the course I don't have any pain any more I don't have any aches and pain.** I'm out there playing!

"I feel like a new woman"

I came to the clinic because I was not sleeping at night. My leg was pounding. There were times when I sat too long the knee would tighten up. I would get in pain and I would be miserable and I would have it for the whole night. **After the treatment I goof around with my grandchildren. I feel like a new woman.** It's great. I know I don't have to sit on the couch and be in pain and I can just pick up and get dressed and go out. It was so gentle.

"I'm able to do it again"

It got to the point where I couldn't stand up for a period of time and I knew something had to be done about it. You walk into the doctors office - he puts your leg in a machine - he shows you where he is going to do the procedure and before you know it... It's done and you're outta there. Now I'm able to take out my bicycle and we took a couple of rides out in the woods and we had a good time and . . . ***I couldn't do that for years and now I'm able to do it again.***

"I feel like a new woman - It's amazing"

The pain was excruciating like 24/7. Nothing I took over-the-counter would work so I knew it was something more serious. When I saw that my condition was not getting any better, I decided to do something about it and I immediately made an appointment - I went and started treatment. **The feeling of getting back to my dancing and my mobility is indescribable. I feel like a new woman - It's amazing.**

"I am ecstatic with the results of this procedure"

One day, as I was running, my knee got tighter and tighter. I had to stop and just walk home. They x-rayed me and said I was a candidate for treatment. You sit there for few minutes and then you are up and walking out the door. I am ecstatic with the results of this procedure because I could not run just weeks before. I ran my race without any issues. I felt good - it just opened a door that was closing.

"I Can Finally Live My Life"

Prior the relief center I was taking painkillers and I was becoming addicted to it and it was damaging my health. Since the treatment, I've been able to be less dependent on them. I don't feel helpless anymore. **Since going through the procedure I can finally live. I can finally live my life.**

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Multinational crew leaves space station, returns to Earth

Russia's Soyuz space capsule prepares to touch down in a remote area, about 90 miles southeast of Zhezkazgan, Kazakhstan. GETTY IMAGES

The trio made a parachute landing in Kazakhstan, wrapping up a four-month mission.

A joint U.S., Russian and Japanese crew left the International Space Station aboard a Russian Soyuz capsule and landed back on Earth, leaving behind three crew mates who arrived at the orbiting outpost just last week.

Station commander Anatoly Ivanishin, with the Russian space agency, NASA astronaut Kate Rubins and Japan's Takuya Onishi climbed inside the capsule and left the station at 8:35 p.m. Eastern time on Saturday, a NASA TV broadcast showed.

The mission included the first use of a DNA sequencer in space and installation of a parking spot for upcoming commercial space taxis.

"The time is very special here … I didn't have time to know what's going on our planet, and maybe it's for the better," Ivanishin said. "On the space station, you live in a very friendly, very good environment."

Ground personnel help International Space Station crew member Japanese astronaut Takuya Onishi get out of the capsule. GETTY IMAGES

Ivanishin turned over command of the space station, a $100 billion orbiting lab, to U.S. astronaut Shane Kimbrough.

Kimbrough and Russian cosmonauts Sergey Ryzhikov and Andrey Borisenko reached the outpost on Oct. 21.

"We're sorry we're only here a week with you," Kimbrough told the departing crew after taking command on Friday. "You guys have trained us well, though."

Kimbrough, Ryzhikov and Borisenko will be on their own until next month, when another three crew members are due to reach the station, a project of 15 nations that orbits about 250 miles above Earth. REUTERS

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INSTAGRAM/@N_PHELPS00

Michael Phelps dishes on his secret wedding

Michael Phelps is a married man … and has been for about four months. The 31-year-old Olympic great obtained a marriage certificate and privately wed Nicole Johnson in June. The couple have a 5-month-old son, Boomer, who managed to steal the spotlight from dad during the Rio Olympics.

Phelps confirmed the hush-hush marriage in a Facebook Live video on Thursday and even hinted at baby No. 2. To officially celebrate with friends and fam, the newlyweds had another hush-hush ceremony in Cabo San Lucas, Mexico, on Friday.

We're not sure why Phelps wanted to go all incognito for his nuptials. But congrats to the happy couple.

Nick Young welcomes baby No. 2

Nick Young, the 31-year-old L.A. Lakers player, is now a proud father of two. On Friday, he revealed a sneak peak of his newborn baby girl, Navi, on his Instagram. This is the second child for Swaggy P and Keonna Green, his ex-girlfriend that he first started dating in high school. They have a 4-year-old son, Nick Jr.

Unfortunately, this baby news is also confirmation that Nick Young was cheating on his former fiancee, Australian rapper Iggy Azalea. The couple began dating in 2014 and, amid rumors that Nick was unfaithful, went through a very public breakup in June. If you can do the math, it's clear that Baby Navi was already queued up and on her way when the couple got together. Not to mention the fact that he already has a new girlfriend, singer Paloma Ford. Swaggy has clearly been a busy boy.

INSTAGRAM/@SWAGGYPL

Mariah Carey and James Packer's breakup is a glam, messy affair

GETTY IMAGES

If Mariah Carey is good at anything — besides hitting insane high notes — it's drama. She got engaged to Australian businessman and billionaire James Packer in January after they dated for a short time. But last week, news broke that the couple was on the outs — and things got messy pretty quickly.

US Weekly reports multiple reasons for the split: her extravagant spending, her close relationship with a male backup dancer, him wanting a more private life. But a huge, mysterious incident on a private yacht in Greece last month that involves her assistant sealed the couple's fate.

TMZ reports that Mariah has requested a whopping $50 million from Packer for the inconvenience of uprooting her life to Los Angeles and traumatizing her after that thing on the boat. While there is speculation that the couple might still reconcile, one thing is for sure: Mariah will not be a pawn in #WasteHerTime2k16.

But what the hell happened in Greece?!

the word

SESALI BOWEN
sesali.bowen@metro.us

Idris Elba wins his first pro kickboxing fight

INSTAGRAM/@MADONNA

Idris Elba is a lot of things: a successful actor, a musician, a DJ, a land speed record breaker and a heartthrob. We can now add professional kickboxer to his growing list of accomplishments. The 44-year-old has been training to become a professional kick boxer for an upcoming Discovery documentary series. It has definitely paid off.

Idris had his first match at London's York Hall on Friday night, and he won! How do we know? Because Madonna was ringside to capture the event. The jack-of-all-trades can now also add "BFF with Madonna" to his resumé.

Celebs get freaky

Halloween is the one time of the year where celebrities can let loose without as much scrutiny. Here are some of our fave costumes from this year. *Head over to metro.us to check out the rest.*

Kylie Jenner channels the "Dirty" days of Christina Aguilera. INSTAGRAM/@KYLIEJENNER

Katy Perry nails Hillary Clinton! INSTAGRAM/@KATYPERRY

Emily Ratajowski stuns as Cleopatra. INSTAGRAM/EMRATA

Painful Varicose Veins & Swollen Legs?

Varicose veins are more than a cosmetic problem. They may lead to complications such as Deep Vein Thrombosis (DVT) and Pulmonary Embolism (PE), both of which claim up to 300,000 lives a year in the United States.

DO YOU SUFFER FROM

- ☑ Varicose Veins
- ☑ Spider Veins
- ☑ Itching and Burning
- ☑ Leg Pain and Cramps
- ☑ Heaviness and Swelling
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A gorehound who makes love stories

"Oldboy" director Park Chan-wook talks about his intense romantic thriller "The Handmaiden."

MATT PRIGGE
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Kim Tae-ri and Kim Min-hee play scheming women in love in Park Chan-wook's "The Handmaiden," adapted from Welsh author Sarah Waters' novel "Fingersmith." MAGNOLIA PICTURES

The latest from director Park Chan-wook, "The Handmaiden," is in some ways a very different beast. Its best scenes don't involve extreme gore and unpleasant deaths, as in "Oldboy," "Sympathy for Mr. Vengeance," "Stoker" and "Thirst." It adapts "Fingersmith," Sarah Waters' novel about two scheming women in Victorian England who fall in love mid-grift. Park relocates to 1930s Korea, during the Japanese colonization, and has turned in the most unabashedly romantic film he's ever made — even if it's still very Park.

Your films always have romantic elements in them, but this is the rare one that's ultimately a very passionate love story.

At Fantastic Fest in Austin, I heard they had these debates followed by a punchout, where people argued for a given topic. The one they did this year was "Is 'Rocky IV' the greatest boxing movie of all time?" Hearing that, I suggested to them this topic: Prove that Park Chan-wook films are all fundamentally love stories. [Laughs] Because I think that's true.

In "The Handmaiden," even though it's a love story, its lovers spend much of the movie apart and suspect the other of betrayal. And your vampire film "Thirst" is kind of an anti-romance. Do you think you can only do love stories if they're fraught with doubt?

Of course. That's what makes love great. [Laughs] With my wife, before and even after marriage, I always think there's peril lurking in the corner. If you're not careful and if you don't put effort into your relationship, you have no idea how quickly something might grow into a giant threat. [Beat] I feel like I'm giving a wedding speech. [Laughs]

You worked with a female co-writer on "The Handmaiden," and you've repeatedly worked with another one, Jeong Seo-Gyeong, on other films. Has that been a conscious decision, to make sure the female characters were fleshed out?

I was just in search of a good writer, regardless if they were female or male. After I met [Jeong], I ended up changing the order around and making "Lady Vengeance" before "Thirst." While working with her and putting a strong female protagonist at the center of my film, it made me really enjoy that process and made me more interested in telling stories with strong female characters.

GETTY IMAGES

Having a female co-writer on "The Handmaiden" does complicate any charges that come when a male filmmakers makes a film about lesbians, namely that it's inevitable that it will succumb to the male gaze.

That's right. Although what happens when I work with her is, because of the subject matter, I try to be more politically correct. I get crunched up. And she's the one who says, "Come on, director Park, you're trying to mystify women too much. Woman can be like this." [Laughs]

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Foals: Hard but not rough

Singer Yannis Philippakis isn't going to keep quiet when you're being a jerk.

RACHEL RACZKA
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Foals' lead singer Yannis Philippakis already has his time off following the conclusion of their world tour planned out.

"I bought quite a lot of books I want to read," he says from a stop in New Orleans. "And I want to write a children's book, and another book as well. I've been making music with Tony Allen — this legendary Afro-beat drummer. And I want to do some gardening. And go to Greece. And work on my jump shot. And then, after all that, I'll start thinking about writing for Foals."

The band's break would come following years of constant touring and heavy promotion, as Foals' released their third ("Holy Fire") and fourth albums a mere two years apart. This time, it's "What Went Down," a more raw version of what we've heard from the alt-British rockers before — both emotionally inward and audibly primal recorded with producer James Ford. Philippakis chats with us about the album's successful American run, why it's so difficult for U.K. bands to break through and pushy male fans in moshpits.

Foals' fourth studio album, "What Went Down," debuted in August from Warner Music. NEIL KRUG

I read somewhere a while back where you said that "What Went Down" could be a chance to make some big waves with American fans. Now that you've been on the road in the states for a few weeks, do you feel like it's done that for you?

The shows are a lot bigger, but I don't know if that has to do with building momentum over the last couple of albums. I do know that "Mountain at My Gates" was our first song that did well with radio play over here. When we first came to the States, we'd play for a few hundred people in New York, but then 12 in Detroit. We were doing these double-digit shows. So this tour feels really good. Looking at it, there are a lot of bands from the U.K. that have difficulty coming here.

Why do you think that is? Is it just a matter of taste or is it logistical?

It's a variety of things. Some of it is just how much work you have to put in to come out here [to the U.S.]. It's demanding, and the price you pay is quite high. British bands are used to being able to [tour] the U.K. in a few weeks, and the same with the rest of Europe. Here, it's just so big and you can be away for months at a time.

There's also a cultural difference. Here, it's more showbiz-y as a band. You're expected to be schmoozy in a way. There's a healthy way to do that, but it can be interpreted as a bad attitude from some bands in the U.K. When you bring [us] to the U.S. people, I think it doesn't always work. They think we're rude. If you're coming from the U.K. with a British or a snotty attitude, you've got radio jocks who won't be into that.

Now that you've been on the road with the new material for some time, do you think there's been any live impact from working with producer James Ford on this album?

No, not really at all. I mean, the songs, he had an impact on them. But the live [songs] are a result of our live incarnation.

It's a two-headed beast. He's a great producer and encouraged us to do things on the record maybe we wouldn't have done otherwise, and those have taken the shows to a new level. They have a visceral intensity but I don't think there's any relation between the production and the live sound.

A while back during your last tour, you told some fans to knock off their "shady macho behavior," standing up for female fans who were roughed up in the pits. Did you find there was an improvement from your fans' behavior?

That was a reaction to something I had read in the U.K., where girls were complaining about the way male fans were treating them. I think there's a line, because a lot of what makes a rock show is when it's raucous and rowdy and there can be moshing. But then you felt like some people were crossing the line. [With the request] I felt like people are paying to see us, and I hope we have some leverage in our shows.

It's not something that's come to my attention since, but [that time] I had just come across one particular show where someone was tweeting at us about it. I don't know if it was an isolated incident, but from what I've read, it's something that needs to be addressed. There are occasions where sisters don't feel comfortable at shows when they see certain douchebags in the crowd, or the actual show gets too aggressive and crosses the line from positive to negative energy or even a predatory one. There should be something said about that.

Following the tour, will you be jumping straight into working on the next album?

At this point we want a break. We've been on tour for what feels like four years, because the last two records were so quick. We're not writing at the moment, but I think we've been on some crazy water slide the last couple of years, and we're excited to get out of the tunnel and swim. Swim away from each other as quickly as possible. [Laughs] So we can come back and enjoy being in that environment again. We have to live some real life away from the band. I think that'll be the springboard into being creative again.

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The holidays are a stressful time, but there are ways to mitigate it. ISTOCK

It wasn't even close to Halloween when major stores first started decking the aisles with Christmas decorations. Yes, the countdown is officially on to the holiday season: turkey and stuffing and presents and drunken office parties.

But it's not always a festive season. The last two months of the year are difficult for a lot of people: Family gatherings, traveling and the pressure to spend a lot of money can take the joy out of the season. We talked to Elizabeth Ochoa, chief psychologist at Mount Sinai Beth Israel, about how to get through the holidays with a minimum of stress — and maybe even enjoy yourself, too.

Why do the holidays cause so much stress?

Holiday planning brings to-do lists, shopping, family gatherings and parties. This is a time of high expectations, when achieving perfection seems important ... the perfect gift, the perfect party, the perfect family reunion, the perfect dress. When unrealistic expectations and numerous demands fail to be met, then stress peaks.

It's also a time when unresolved family issues or painful memories of loss emerge. Ignoring these feelings allows them to build without an outlet. Acknowledge your feelings and confide in a supportive friend. Sometimes the holidays can trigger feelings of longing and isolation, especially if you are far away from home or alone.

Why do our families seem to strain us so much this time of year?

Family members have expectations for each other that are long-standing. Holidays often are a time of reflection and revisiting the past. Everyone has a unique role in her family and it's easy to fall into that role even as an adult returning home, despite having outgrown it. Old patterns of relating to each other and behaviors crop up and repeat. Families also tend to gravitate to traditions. Try to introduce new ways of celebrating the holidays, thereby making new memories.

How can we relax and enjoy the holidays instead of stressing out about them?

The key to enjoying the holidays is to prevent stress before it begins. Follow these tips for preventing stress:

Set realistic expectations for yourself, family and friends. Identify holiday tasks and make a chart by listing each activity, breaking down the tasks into simple steps and making a reasonable timeline in which to get them done. As you do this, notice how you feel about each item. If you feel anxious, then think about how to change the task so it's more manageable.

Listen to your body. Often people feel stress physically before they understand why. If you notice a pit in your stomach, take a moment to try to understand its source.

Ask for help from others. Delegate tasks. Keep them simple.

Pace yourself. Start early on getting your activities done. Shop all year for holiday gifts, and if you see something a friend would like, buy it then! Don't overspend.

What should you *not* do to relax?

Don't overindulge in yummy food or festive holiday cocktails. Alcohol is a depressant and can dampen your mood. Don't overcommit to social engagements. Accept invitations to just one or two parties. Don't put yourself in stressful situations with friends or family. Don't take responsibility for ensuring everyone else's happiness. That's each person's job.

Don't go, go, go. Get adequate rest and make time to exercise.

How do you deal with pressure to divvy up your time without running yourself ragged this time of year?

Prioritize what is most important to you to accomplish this holiday season.

Communicate honestly with friends/family: Learn to say no and not feel guilty. Tell them if you feel overtired or stressed and need a break.

Even though the contentious election will be over by the holidays, there will still be residual feelings. How can we keep our emotions in check when relatives or friends we disagree with start spouting off around the table?

It's simple. Don't engage in the discussion yourself. Suggest changing the topic before tempers fly. The goal of being together with friends and relatives is to enjoy each other, not fight.

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HOW TO GET AHEAD

Stacey Radin says there is one major way her nonprofit Unleashed, which focuses on developing the leadership skills of middle-school girls, is different from other organizations that work with young women.

"The adults aren't mentors," Radin says. "No one is seen differently because of their age."

Radin believes women of all ages should have opportunities to interact with, and learn from, each other as they discuss what it means to be a female leader.

Those ideas are at the heart of Saturday's Brave Summit, where 300 women and girls will gather for in-depth discussions on what it means to be a powerful woman in 2016.

Panelists include the model Emme, activist Emily Linden of the UnSlut Project and Tiffany Pham, CEO of women's publishing platform Mogul.

We talked to Radin about what it means to be a powerful woman.

The impact of the election

The fact that the Brave Summit falls on the Saturday before the election is also fitting, says Radin. "Forget about who you are supporting, the election has opened a Pandora's box as we see how people react to the potential of a woman being in a powerful position." Radin also notes that some of middle schoolers she works with have talked about sexism and stereotyping when it comes to women in high-profile positions. "Our program is geared toward cultivating power," she notes. "And there's such a dearth of powerful role models for women right now."

Breaking down generational divides

Radin was recently at a meeting with female executives discussing these issues when she suddenly shared an anecdote about her work with middle-school girls. "And they said, 'Are you saying we're like 13-year-olds?'" she recalled. "But we're more similar than not. Grownups still struggle with things like taking risks. There are so many generational silos, I wanted to break them down and have them talk to each other in a way that no one is seen differently because of their age. Instead, they can bond and connect by participating in conversations."

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New York Botanical Garden launches new Edible Academy complex

The New York Botanical Garden's Edible Academy — an agricultural education platform providing hands-on activities and interactive programs for children in the Bronx and Greater New York City area — broke ground on its new building complex last week.

The $28 million facility, which will be completed in the spring of 2018, will double the number of on-site learners to 100,000 annually in an attempt to expand the group's garden-based educational programs.

Along with the latest developments — the building's new display gardens, teaching greenhouse and terraced amphitheater — programming will be more thorough than ever, offering an increased diversity of K-8 school programs, new after-school programs for middle and high school students, a new teen internship program, as well as one-day gardening workshops and weeklong institutes for teachers, said James Boyer of the New York Botanical Garden via email.

"The Edible Academy complex will offer a wide range of real-life connections to the food we grow, our health and nutrition choices, the technologies that will play a crucial in our society, and importance of teamwork and community to accomplish projects," said Boyer.

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What every female entrepreneur should know

DesignSponge founder Grace Bonney says it's never too late to pursue your dreams.

LAKSHMI GANDHI
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Grace Bonney's new book helps budding female entrepreneurs. CHRISTOPHER STURMAN

When Grace Bonney began conducting the interviews that would become "In the Company of Women," she knew she didn't want to write a book that spotlighted only the good parts of being an entrepreneur.

"I don't learn something from seeing someone's highlight reel," Bonney, who founded the popular interior-design and DIY site DesignSponge in 2004, tells us. "I chose to interview people who were open to talking about being vulnerable."

That search for openness and honesty also led Bonney to look for women from all walks of life to profile. "The idea of starting a business can seem really scary," she notes. "But there are so many ways to start a business that I wanted any woman anywhere to open this book and see that this can happen for them."

Bonney shares some advice for women who envision working for themselves one day.

Don't listen to anyone who says you're too old

While it can seem like most entrepreneurs today are in their 20s and 30s, the reality is quite different. Artists like Amalia Mesa-Bains had been working for more than 50 years before striking out on her own in her 70s. "There is so much to be said about life experience," says Bonney. "There shouldn't be an arbitrary barrier that you can't do something after 40, especially for women who had children earlier. If you want to start something, it's definitely not too late."

Success can mean many things

"People are beginning to understand that there's a difference between money and success," explains Bonney. "The two things are not the same. Personal fulfillment is equally valuable."

There will be ups and downs

Especially in the case of creatives, becoming a boss and learning how to supervise others has unique challenges. "When you are used to being a solo operation, like an artist, there is sort of a clunky transition as they become bosses. We've all struggled to find that [authoritative] voice."

Bonney stresses that new small-business owners should give themselves time to learn on the job.

Accept that balance doesn't exist

After conducting the 100 interviews that make up her book, Bonney says there's one important thing everyone told her. "There's no such thing as work-life balance," she says. "Everyone in the book says they realized that they couldn't be all things at all times."

Instead of stretching yourself too thin, aspiring entrepreneurs should find a support group of peers. "I don't feel successful every day," Bonney says. "Having people who are going through what you are going through and have the right tools in their tool kits is important."

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3 Things we saw as the Jets avoid embarrassment in comeback win

New York looked, early on, as though it might fall at the hands of the winless Browns.

TONY WILLIAMS
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Matt Forte had one of his best days as a Jet in Week 8. GETTY IMAGES

It was a tale of two halves for the Jets, as they managed to find a way to vanquish a very frisky Browns squad, 31-28.

Jets quarterback Ryan Fitzpatrick went from Fitztragic (30 passing yards in the first half) to Fitzmagic (four second-half scoring drives) within a span of one halftime break, as New York (3-5) was able to keep Cleveland (0-8) as the lone remaining unbeaten team. The Jets didn't make things easy on themselves, of course, as they had to battle back from a 20-7 halftime deficit, and overcome porous play by Fitzpatrick.

The grizzled signal caller was awful in the first half, as he went 3 of 14 for 30 yards and was out of sorts — especially after he suffered a huge helmet-removing hit along the sidelines in the first quarter. But it was Fitzpatrick's second-half performance and grit that saved the Jets — and his job. Fitzpatrick finished 16-of-34 for 228 yards and a touchdown and led three touchdown drives, as Gang Green registered 24 unanswered points to demoralize the Browns faithful.

1 Big-play problems continue

Safety Calvin Pryor and linebacker Lorenzo Mauldin combined for a terrific effort on a game-clinching interception with five minutes remaining, which set up a short field goal, but there are still problems afoot for the Jets' coverage in the back end.

That's because a grizzled journeyman quarterback sliced and diced a porous secondary at FirstEnergy Stadium, but it wasn't who Jets fans thought and wanted it to be. Rather, it was Browns' passer Josh McCown who had his way with Gang Green's secondary — at least in the first half. McCown returned to the lineup for the first time since Week 2 and decimated the Jets' secondary, initially targeting aging corner Darrelle Revis. The future Hall of Famer was torched in the first half, as wideout Terrelle Pryor garnered all of his 101 receiving yards with three minutes still remaining in the opening half. Through the first two quarters, McCown had completions of 35, 32, 32, 24, 18, 17, and 15 yards, further exploiting the issues of the Jets' secondary.

2 The Quincy Enunwa awakening

The Jets have been looking for someone to step up the production opposite Brandon Marshall, and Enunwa looks ready to pounce on the opportunity. The third-year wideout is starting to come into his own, as New York is in desperate need of a sidekick for Brandon Marshall, with Eric Decker out for the season, and his availability for next season even casts some doubts. Enunwa registered his second-straight strong performance as he tallied four catches for a team-high 93 yards, including a 24-yard touchdown on the Jets' opening drive of the second half to kick start the comeback. Enunwa even showed his wares as a complete football player when he ruined a prime opportunity by the Browns on an interception chance in the second half.

3 Running game back on track

Both Matt Forte and backup Bilal Powell found holes in the Browns' run defense, en route to a total of 158 yards on the ground. Forte had a game-high 82 yards, including two second-half touchdowns to get the win. Powell had 76 yards on just six carries, including a magnificent 35-yard touchdown run when he showed great burst getting to the edge and racing past Cleveland defenders. The second-half performances, especially, were key in helping Fitzpatrick get back on track, as it alleviated any pressure of having the maligned signal caller have the game squarely on his shoulders.

Wild overtime finishes highlight Week 8 action

The NFL got its second and nearly its third tie Sunday afternoon.

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Another week, another tie in the NFL this one coming in London. GETTY IMAGES

In London, ties in football are commonplace.

So Sunday, with the Redskins and Bengals finished playing for 75 minutes — still tied at 27-all, they weren't surprised as the two teams walked off the field at Wembley Stadium winless in a tie.

But it was the first time two games had ended in a tie in the same season since 1997 — after the Seahawks and Cardinals did it last week.

Washington (4-3-1) had a 34-yard field goal try with just over two minutes left in the extra frame but Dustin Hopkins hooked it. He missed an earlier overtime try too.

Saints 25, Seahawks 20
The Saints were in the red zone late in the game hoping to get six points but settled for a field goal to give them a 5-point lead with two minutes left for the visiting Seahawks to drive down the field.

Russell Wilson got Seattle to the 8-yard line and on fourth and goal overthrew his wideout in the back of the end zone giving New Orleans the upset win in dramatic fashion.

The Saints took their first lead of the game not much earlier, with a touchdown pass from Drew Brees to Brandon Cooks.

Texans 20, Lions 13
The Texans jumped ahead by two touchdowns early at home — the first from Brock Osweiler to C.J. Fiedorowicz and the second a Lamar Miller run — to jump ahead 14-0 on visiting Detroit.

Theo Riddick caught a second half touchdown pass to get the Lions back in the mix, but the teams exchanged fourth-quarter field goals and that was it for scoring.

Patriots 41, Bills 25
Tom Brady threw for four touchdowns, Rob Gronkowski caught five passes for 109 yards (and his Pats' record 69th TD) as the Patriots left little doubt as to who is in charge in the AFC East.

The Pats jumped ahead early as Chris Hogan and Danny Amendola caught TD passes in the first quarter. Bill Belichick kept his foot on the throttle as New England took advantage of a bruised and battered Buffalo offense that was missing LeSean McCoy and Sammy Watkins.

Panthers 30, Cardinals 20
Carson Palmer's 363 yards and three touchdowns weren't enough in Charlotte Sunday afternoon, as the Panthers use a potent run game and opportunistic defense to move to 2-5 with a much-needed win.

A Thomas Davis 46-yard fumble return for touchdown, two touchdown runs by Jonathan Stewart and a field goal put the Panthers ahead 24-0 early, with much of Palmers offensive numbers coming in garbage-time.

Raiders 30, Buccaneers 24
Raiders QB Derek Carr found Seth Roberts for a 41-yard touchdown pass with 1:58 left to play in overtime to avoid the NFL's third tie of the season as Oakland narrowly improves to 6-2 after a walkoff win in Week 8.

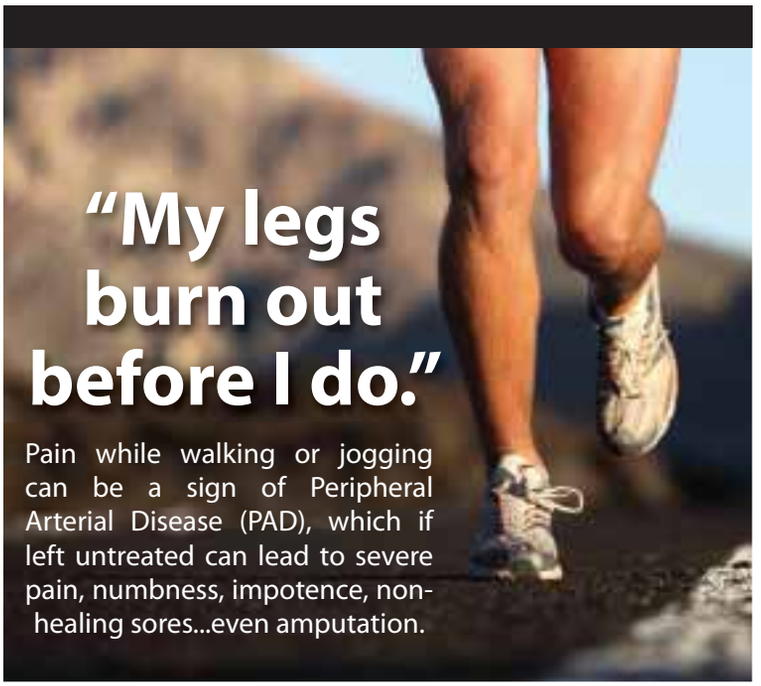
The score came after 13 minutes of punting and missed field goals in an ugly overtime period that saw the Raiders eclipse the NFC penalty record for a single game.

Carr was a hero twice, scoring on a pass to Mychal Rivera with 1:38 left in regulation to set up the trip to overtime. He would throw for a ridiculous 513 yards.

Chiefs 30, Colts 14
The Chiefs outgained the Colts 422 to 277 Sunday and took advantage of the only two turnovers of the game — both Indianapolis miscues, improving to 5-2 with a inter-conference victory.

Oh yeah, they did it without Alex Smith, who was lost to a concussion after throwing 19 passes.

Nick Foles threw for 223 yards in relief — with the two QBs combining to throw for 334 yards in the win. C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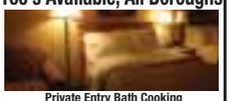

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metro.us/games

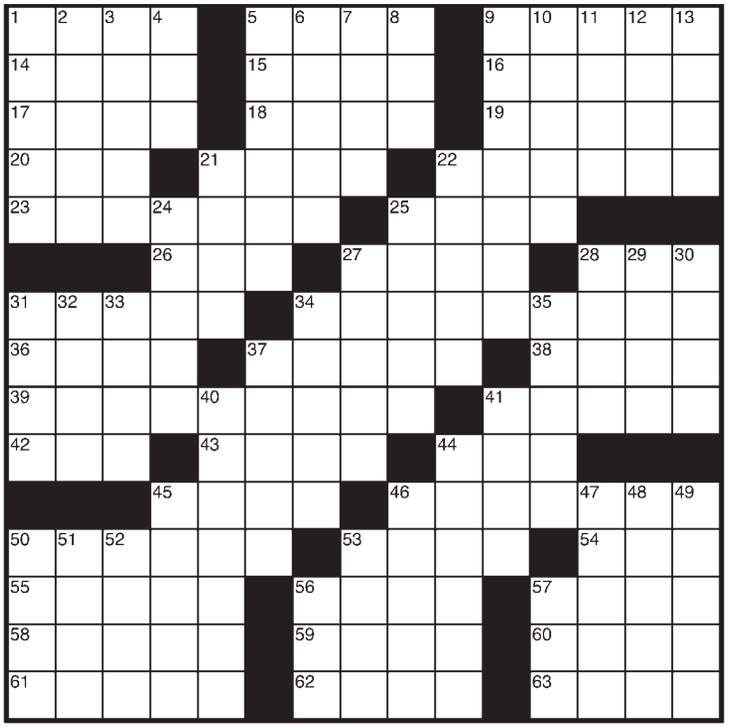
metro.us/crossword

Across

1 Urban pollution
5 Heavy gold chain
9 The Dog Star follows him
14 Many layers
15 Tabloid topics
16 Gung-ho response (2 wds.)
17 Sundance Kid's girl
18 Rockies, briefly
19 Musical combos
20 Big Band --
21 Woman on campus
22 Rhymes
23 Movie snack
25 Wyo. neighbor
26 Hosp. workers
27 Aching
28 -- Moines
31 Beau
34 Winter
36 Nose-bag tidbits
37 Sets
38 Whale like Shamu
39 Becoming behavior
41 Candle lovers
42 Sound of deep thought
43 Like a pro
44 Geological period
45 Forum hellos
46 Expires (2 wds.)
50 Not impressed
53 -- Raton, Fla.
54 Attorney's deg.
55 Rustic
56 Claw badly
57 Baja boy
58 Plumber's tool
59 -- spumante
60 "Terrible" tsar
61 Faked it
62 Organ part
63 -- -majeste

Down

1 Meek types
2 Paris subway
3 Ready to go (2 wds.)
4 Youth org.
5 Grapevine products
6 Frequently
7 Reedy place
8 Lisper's problem
9 Fest month
10 Harder to find
11 -- -- for keeps
12 Fragrance
13 Prying
21 Mass. neighbor
22 Dijon dads
24 Bracing
25 Generously
27 Like river bottoms
28 Move quickly
29 Draw with acid
30 Wave makers
31 Undergrad
32 Getting close
33 Cyclotron target
34 Dressy attire
35 Lunch periods
37 Agreed
40 Frayed
41 "-- Lisa"
44 Geometry pioneer
45 Stirring
46 Line of travel
47 Dull green
48 Arm bones
49 Juicy steak (hyph.)
50 -- Major or Minor
51 Now, to Caesar
52 Trapped like -- --
53 Ignoble
56 Put a dent in
57 Not even one



metro.us/sudoku

easy

8	5	7					9	
			9			8		
	3	2	4					7
			7	3			6	
	2	3		8		4	7	
	7			4	9			
3					2	9	4	
		1			5			
	9					5	2	6

hard

	2					7		9
4		1			8		2	
9			2					5
					3			1
6		4	5	9	1	2		7
2			6					
3					5			2
	4		8			1		3
1		6					7	

metro.us/horoscopes

Aries Keep your financial and personal affairs a secret. Bring about changes that will make you feel and look your best. A romantic adventure will do you good.

Taurus Get your priorities straight and set your plans in motion. Discuss your options with a personal or business partner, and turn your dream into a reality.

Gemini Question anything that seems suspicious. Someone will try to trick you into doing something you shouldn't and don't want to do. Don't cave under pressure.

Cancer You must embrace change. You'll gain access to information that will alter the course of your life if you participate in something that sparks your imagination.

Leo You will impress some people and make others jealous if you take action and honor your promises. Don't just participate when you can call the shots.

Virgo Put muscle behind your work and speak up about your thoughts. Your insight and dedication will attract interest and the help you need to get things done.

Libra Keep things in perspective. If you overreact, you will draw attention to something you'd rather not address just yet. Put more energy into personal improvements.

Scorpio A change in the way you do things or how you present what you have to offer will make a difference. Strut your stuff.

Sagittarius Be scrupulously honest to avoid looking bad in front of friends and relatives. Your ethics and integrity will help you get ahead.

Capricorn Let your extensive inside knowledge work in your favor. Don't be afraid to do things differently. Keep your competition guessing in order to succeed.

Aquarius Focus inward and refuse to let others' words and actions affect your productivity. A financial opportunity will come from an unexpected source.

Pisces Go over legal and medical concerns, and make sure everything is in order. Problems while traveling or dealing with authority figures will cause delays. EUGENIA LAST

Yesterday's answers

O	F	F	S	E	T		J	A	B		A	L	D	A
M	O	R	A	L	E		A	D	O		S	E	A	N
S	P	O	U	T	S		G	A	L		S	A	N	D
			C	O	S	T	U	M	E	P	A	R	T	Y
R	I	S	E	N		B	A	S		L	I	N	E	S
I	N	N	S		F	O	R		T	E	L			
T	E	A		S	U	N		G	R	A	S	P	E	D
A	R	F		P	R	E		E	O	S		A	G	E
S	T	U	D	I	O	S		M	O	E		S	R	A
			E	R	R		D	I	P		C	H	E	R
S	C	U	B	A		I	A	N		E	L	A	T	E
T	O	T	A	L	E	C	L	I	P	S	E			
E	M	I	T		S	I	L		I	S	A	B	E	L
M	I	C	E		P	E	A		P	A	T	I	N	A
S	C	A	R		Y	R	S		S	Y	S	T	E	M

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